Lentil Soup

Ingredients

2 tablespoons olive oil

2 medium carrots, diced

2 medium stalks celery, chopped

1 small yellow onion, chopped

2 cloves garlic, minced

1 teaspoon dried basil

½ teaspoon ground black pepper

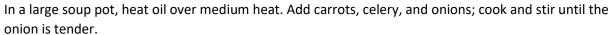
2 cups dry lentils

1 can (14 ½ oz) crushed tomatoes

2 cups vegetable broth

6 ½ cups water

Instructions



Stir in garlic, oregano, basil, and pepper. Cook for 2 minutes.

Stir in lentils and tomatoes, then add the vegetable broth and water. Cover and bring to a boil. Reduce heat and simmer for at least 1 hour or until lentils are tender.

This recipe yields 11 servings of lentil soup.

This recipe can be found at Lentil Soup Recipe, Eat Right, NHLBI, NIH

